

Coalition News

Volume 1 Issue 2

Conway and Perry County
November 2009

Next Conway County ATOD meeting will be at ARVEST Bank on 11/20/09 from 10:00-noon and lunch will follow. Guest speaker will be Judge Jimmy Hart. Perry County HHAT meeting will be 12/16/09 from 10 a.m.-noon and lunch will follow. Meeting location is at the DHS office in Perryville.

PERRY COUNTY'S Watch D.O.G.S.

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WATCH D.O.G.S. is a father involvement initiative of the National Center for Fathering. This program was started in response to the 1998 middle school shooting in Jonesboro, AR.

Its goal is to help every school in America be positively influenced by the committed involvement of fathers and father figures in the lives of their children and students.

The first program was started at George Elementary in Springdale, AR. Today, more than 1,100 programs in 35 States and New Zealand participate in WATCH D.O.G.S.

WATCH D.O.G.S. is a kindergarten-12th grade program that invites fathers, grandfathers, uncles or other

father figures to volunteer at least one day all day at their child's/student's school during the school year.

The program is overseen by a "Top Dog" volunteer. A "Top Dog" partners with the school to coordinate scheduling and identify opportunities for Watch D.O.G.S. to provide assistance at the school.

Watch D.O.G.S. volunteers perform a variety of tasks during their volunteer day including monitoring the school entrance, assisting with unloading and loading of buses and cars, monitoring the lunch room, or helping in the classroom with a teacher's guidance by working with small groups of students on homework, flashcards or spelling.

The Elementary Pizza Night Launch Event will be held on November 2, 2009 at 6:00 p.m. at Anne Watson Elementary in the ANNEX. We will be providing FREE Gusano's Pizza and drinks. This event is for Dads and



their kids. More information will be provided that night. So come on out for FREE FOOD and GREAT FUN!!

HELP NEEDED!

Morrilton Child Development is needing

office space.

Please contact Zelda Beard at:

501-354-5221 for specific needs.

Easy Herb Roasted Turkey-Enjoy!

Prep time: 15 minutes Cook time: 3 1/2 hours 1 (12 pound) Whole Turkey

3/4 cup olive oil; 2 Tlb garlic powder; 2 teaspoons dried basil 1 teaspoon ground sage; 1 teaspoon salt; 1/2 teaspoon black pepper; 2 cups water.

Preheat oven to 325 degrees. Clean Turkey (discard giblets and organs) and place in a roasting pan with a lid.

In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt and pepper. Using a basting brush, apply mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan and cover.

Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees. Remove bird from oven and allow to stand for 30 minutes before carving. Happy Thanksgiving To All!



Businesses fined for violating Act 8 (Clean In-door Air) of 2006

Each of the businesses below signed a "waiver of Hearing and Consent Decree." meaning the law was broken and each was fined \$250.00. The preliminary hearing was held October 15, 2009, in which the Consent Decrees were presented to the Board of Health. Another meeting was held with the Board of Health on October 22, 2009, for the final Hearing in which the Board either accepted or did not accept the \$250.00 penalty assessed and paid by the business. The Board of Health Accepted the \$250.00 penalty assessed on October 22, 2009, at the final hear-

ing. Thus the businesses accepted that they violated the law and promised future compliance.

- **Labor Finders:**

Sharon Hooks, Manager
405 Oak Street
Conway, Arkansas 72032

- **Tony C's Italian Garden**

Tony Catroppa - Owner
14528 Highway 22
Rogers, Arkansas 72756

- **Frasure's Old Fashion Barber**

Shop

John Frasure - Owner
86 Court Street
Marion, AR 72364

- **Richard Mayes Auto Service**

Richard Mayes - Owner
1641 North Leverett
Fayetteville, AR 72703

- **Box Hound Marina**

Ed Sac - Owner/Manager
1313 East Tri Lakes Drive

1-800-QUIT-NOW

If you live with a smoker...asking people to change their smoking patterns can be hard. Here are some ways to make it easier:

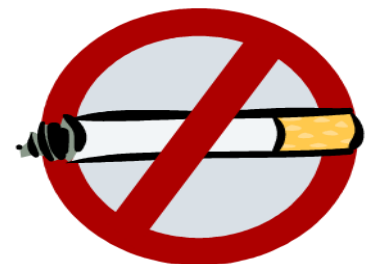
- **Choose a time** to talk when you both feel relaxed and unhurried.
- **Don't be critical** or judgmental about smoking.
- **Say what you want and why.** If

this is the first time that you have mentioned the issue, support the request. Talk about health risks and comfort.

- **Listen carefully** when the person responds. Ask for suggestions and ideas.
- **Try not to compromise.** Let the smoker know how important this issue is to you and the rest of the

family.

NO SMOKING IN MY HOME



Abundant Life Annual Fundraising Banquet, November 5

Melinda Chisum/Abundant Life Pregnancy Center Director invites the public to the banquet on 11/05/09 at the Lonoke Missionary Baptist Church at 7 p.m. Questions call 501-354-4141

Abundant Life offers free pregnancy testing, parenting classes, Bible studies, and an Earn While You Learn program for both expecting parents and parents. The agency is supported by churches and individuals, and also holds a yearly banquet fundraiser and a Baby Bottle Campaign to help raise money. Abundant Life does not receive federal or state funds. Their next banquet will be at 7 p.m., Thursday, Nov. 5, at Lonoke Missionary Baptist Church in Morrilton. Guest speaker B.J. Sams, a retired Arkansas news anchor, will highlight the program. The center has served 117 persons this year, 110 of whom were enrolled in the Earn While You Learn program. They are open Monday, Wednesday and Fridays from 9 a.m. to 4 p.m., and they serve Conway, Perry, Pope and Faulkner counties.

"How to talk to your children about tobacco" Campaign

What can you do to keep you child away from tobacco?

- Start by keeping your home smoke-free. If you smoke — don't smoke around your children. Ask relatives or friends who smoke to "take it outside." Children exposed to secondhand smoke are sick more often and are more likely to develop coughs, bronchitis, pneumonia and middle ear infections.

- Maintaining a smoke-free home and/or car also sets a good example for your children. Parents who don't smoke are less likely to have children who smoke.
- Talk to your children often about tobacco. Children of all ages, from preschool to high school, will welcome talks about important issues.

Steps to talking to your child

- Be clear and direct. Use simple language that matches your child's age

and level of understanding.

- Don't lecture. Create a relaxed atmosphere to discuss tobacco information with your child.
- Listen carefully to your child, and try not to interrupt. This will show them that you respect their thoughts and feelings.
- If you don't have the answer to a question, say so. Then promise to find the answer, and make sure you follow up.

ACT 13 training for Morrilton Police in November

Smoke-Free Cars-It's the Law!

LAW

Smokers in Arkansas can be fined up to \$25.00 for smoking any cigarette, pipe, or cigar in a moving or parked vehicle while any youth younger than the age of 6 are present. A law enforcement officer may stop a vehicle for a smoking violation alone.

RISK

There is no safe level of exposure to secondhand smoke (U.S. Department of Health and Human Services, (DHHS), 2006). Secondhand smoke causes health problems in youth who do not smoke (DHHS, 2006). The level of toxic air in a vehicle when someone is smoking is up to ten times greater than the level in which the

United States Environmental Protection Agency considers hazardous (Ott, W., 2007).

Training at Morrilton Police Department

11/09/09-2:30 p.m.

11/11/09-6:00 a.m.

11/13/09-2:30 p.m.

Want to make a difference in your community? Call us!

The Conway County ATOD and the Perry County HHAT members send out an invitation to all that would like to make a difference in their community.

Interested in joining our team?

Contact Dianne Holland at 501-354-4589 or email:

dholland@communityserviceinc.com

The American Cancer Society's

Great American Smoke-out is November 19

- UACCM will be hosting a kick-off to
- "Celebrate Cessation"

For more information contact

Lynn Baker at UACCM by calling: 501-977-2012 or email: baker@uaccm.edu

Starting January 2010 Cessation classes will be available. Be watching...

November 2009

Upward Registration

For more information about this call **C-4 at 501-354-4122**. November 1-14 - Upward Regular Registration - \$65 for Basketball and \$70 for Cheerleading (sibling discount available). Deadline for registration is November 14. Forms can be picked up at C-4 or online (www.cccc-online.org).

Scholarships are available.

Upward Basketball Evaluations - Saturday, November 7. K-2nd grade: 9-10 a.m.; 3rd-6th grade: 10:30-noon. Saturday, November 14, all grades 10-noon

Upward Cheerleading Orientation - Saturday, November 14 from 10-noon.

Late evaluation-\$5 fee per child.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Upward Registration	2 Upward Registration	3 Upward Registration	4 Upward Registration	5 Abundant Life Banquet Upward Registration	6 Upward Registration	7 Upward Registration
8 Upward Registration	9 Morrilton Police training Upward Registration	10 Veteran's Day Upward Registration	11 Morrilton Police training Upward Registration	12 Upward Registration	13 Morrilton Police training Upward Registration	14 Deadline for Upward Registration
15	16	17 Hometown Health Meeting	18	19 The Great American Smoke-out Cessation Kick-off at UACCM	20 Conway County ATOD Pre- vention Coali- tion meeting	21
22	23	24	25	26 ^T Thanksgiving	27	29
30	30	Dec 1	2	3	4	5

C-4 Blood Drive, November 9th 3-7 p.m. and closed on Thanksgiving Day.

Morrilton Police Act 13 training on November 9 & 13, at 2:30 p.m. and 11, at 6:00 a.m. at the police station.

Hometown Health meeting, November 17th at 2p.m. at the Senior Center.

Conway County ATOD Prevention Coalition meeting on November 20th from 10 a.m. until noon at ARVEST Bank.

LOOKING Ahead...

December 11: Second mass flu clinic at the Perryville fair grounds multi-purpose building.

Conway and Perry Counties have Mass Flu Clinics

MASS Flu Clinics on 10/30/2009

Conway County administered over one thousand seasonal flu shots at the old Hagen's-Dodge building in Morrilton. It was a drive thru operation and things went smoothly.

The complete list of H1N1 and Seasonal vaccines that were given will be listed next month. If more Conway County information is needed, please call Tami at the Morrilton Health Department at:

(501) 354-4652.



Perry County administered the Seasonal and H1N1 Flu shot numbers below at the Perryville Fair Grounds Multi-Purpose Building from 11:30 a.m. thru 5:30 p.m. until all of the vaccines were given.

- 970 Seasonal
- 26 H1N1 Only
- 142 H1N1 and Seasonal

There will be another Mass Flu vaccine clinic on December 11 in Perryville at the fairgrounds multi-purpose building. Details to follow.

Message of the month...

Life is short,
 Forgive quickly,
 Kiss slowly,
 Love truly,
 Laugh uncontrollably

And never regret
 anything that made
 you smile..

November is American Diabetes Month

Diabetes is a leading cause of kidney failure, blindness and amputations, and a major cause of heart disease and stroke. Nearly 24 million Americans have diabetes, and about 6 million of them are unaware of their disease. With obesity on the rise, millions more are at risk of developing diabetes.

YOUTH Prescription Drug Abuse is on the rise

The most commonly abused prescription drugs include: Pain Relievers, Stimulants and Depressants. Tolerance and Addiction happens very quickly so you need more and more hoping to get the same feeling. Soon you may feel that you can't live without it-

Mix+Match=Death

The truth is, you can't know what a prescription drug could do to you. You could overdose on just one pill. Mixing it with alcohol or other drugs can make the damage worse-maybe fatal.

Rules to remember

- Keep all medications in a safe locked location.
- Do not offer your medication to others.
- Keep a count of how many does you have on hand at all times.

Prevention works!

Dianne Holland
100 S. Cherokee
Morrilton, AR 72110

Phone: 501-354-4589

Fax: 501-354-5410

E-mail:

dholland@communityserviceinc.com

www.conwaycountyatodpreventioncoalition.com

Committed to helping Conway
and Perry County residents
breathe a little easier.



What are your thoughts about the picture below?

The picture below was taken in Hot Springs at the local Books-A-Million store and it is an ink pen. The Tobacco Industry is always coming up with new and inventive ways to convey to our youth that smoking is cool. If you wish to voice your complaint about this product as I have, email:

feedback@booksamillion.com

complaints@booksamillion.com

ir@booksamillion.com

